COPE

FORUM

Cambridgeshire Older People's Enterprise

Newsletter No.67 **June 2010**

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An independent and voluntary Forum, for 50's and over

(This Newsletter is on our website please contact Rhona if you prefer to read this on the web and not receive a paper copy)

Dear Member

We have settled with a new Government and we should congratulate all those who were elected, particularly COPE members, Andrew Lansley and Julian Huppert, and depend upon them to do all they can to protect and "hopefully" improve the plight of some of our older people. Some of us have mixed feelings about coalition government, but perhaps ALL parties and independently minded MP's can put aside their political or particular philosophies and concentrate (as most have promised) on decisions for the benefit of the whole country; even though this will, from time to time, mean compromise.

Recently I had the pleasure and privilege of speaking to the Women's Institute at Linton and it occurred to me that the WI organisation is one of those who have a similar "family" style to COPE – they are individual members of groups who like to know what is happening to individual members of their other "family" groups. Please let us know if you are a member of a like group or groups with whom we might have closer co-operation.

As usual in Britain the weather is keeping us confused. I am trying to get enthusiastic to work on my garden, but usually if I plan to work there two or three days ahead, the weather on that day changes. Mind you, my brother (who retired several years before I did) warned me that when you are retired and have plenty of time on your hands, it is always easy to put off until tomorrow what you should do today! It is not a good idea really, but it does mean that you leave yourself with a good reason to get up early in the morning to do the job you left yesterday!

I hope that members will make an effort to come to the AGM at the Guildhall, Cambridge on Wednesday 7th July. It makes an outing and an opportunity to meet old and make new friends and to let us know how you feel about things generally and how you think we should progress – BE SURE TO BOOK EARLY TO AVOID DISAPPOINTMENT.

Finally I would draw your special attention to the article from the Care Quality Commission on page 7 of this Newsletter and be sure to return the feedback form to them. This is important as it can really affect many of us.

Best wishes, **Maurice Garner**, COPE Chairman

A resident from Gamlingay is extremely frustrated with the £4.50 quarterly surcharge levied against her for not paying her BT bill by standing order. She points out that many older people do not like standing orders but prefer the security to them of paying bills by cheque but are essentially being taxed for doing so. **Kath King** writes that utility companies also discriminate against customers who pay every quarter.

COPE has collected over 12,000 signatures in the "Petition to retain cheque books" –**Thank you** to all the Parish Council clerks, doctor and dentist surgeries and libraries and to our members who have helped us achieve this.

Robert Boorman, COPE Treasurer and Spokesman reports that

ageUK

Partnerships are hard!

The Times Newspaper published an article on the 24th April in their Money section concerning the fundraising relationship that Age UK has with profit making companies to help raise money for the charitable causes and research which the new organisation funds. (Sent to COPE by Ian Alexander, Dry Drayton, a COPE member)

Inevitably Age UK is making changes to the way it operates now that Age Concern has joined with Help the Aged. It is vital that Age UK protects its reputation, the support and cooperation, which it has carefully built up over the last 10 Years with the hundreds of Older People's Forums like COPE across the country. It has taken many years for the two organisations to build up their excellent reputations but it can take very little time to destroy them.

Robert has raised these concerns, expressed by the Times article with Age UK.

COPE has jealously guarded its independence so that, should any service provider fail to provide quality services to our members or let them down, COPE is able to highlight such problems.

If any COPE member has experienced any issues we would like to hear from them.

NB: OUR SNIPPETS PAGE WILL RETURN NEXT ISSUE!

A boy was watching his father, a pastor, write a sermon. "How do you know what to say?" he asked. "Why, God tells me." "Oh, then why do you keep crossing things out?"

"OUR STRENGTH IS IN OUR NUMBERS" - 1

Happy Birthday to our older and wiser members for the month of June Belated greetings to Louisa Pupins

Ann Al-Ani	George Anderson	Maria Asensi	David Ash	Barbara Attwood	Trevor Ayers	John Bailey
Greta Bass	Geraldine Bemment	Mella Ball	Margaret Betson	Mrs K Brooks	Mr E Betts	Raymond Bradley
June Brajdic	Maureen Bramley	Mrs S Britton	Stephen Brookes	Glynis Brookman	Lucy Booth	Muriel Brotchie
Arthur Brown	Jane Brunning	Jim Burton	Gerald Butler	Catherine Carter	Mrs G Callcut	Anthony Cassidy
Margaret Challis	David Chamberlain	Shirley Chapman	V A Clarke	Mrs C Chapman	Paul Clarke	Jean Clements
R A Collinson	Barbara Clinton	Jennifer Cook	Kirsty Corrigall	Richard Cross	Peter Cowell	Pauline Curtis
Maria Culling	Elizabeth Dopadlik	David Cullum	Colin Dews	Jenny Dunnett	Derek Day	Alfred Dell
Eric Disbrey	Grace Everson	Sue Elliott	May Ellis	Chris Emery	Fred Ellis	Arthur Ferguson
Mrs P Fawcett	Renee Ferguson	Mary Fookes	Jean Ford	Myrtle Freestone	Peter Frost	F W Galbraith
Jean Garner	Don Gardner	Patricia Gee	John Gray	Janet Griffiths	Jean Griggs	Patricia Harvey
Kay Harris	Violet Harwood	David Hart	Mr P Hart	Charles Hattersley	Rodney Hawkins	Marjorie Haylock
R G Hearn	Roslyn Hedge	Sue Hempstead	Edna Hickling	Margaret Hirst	Mrs R Hiner	Rosemarie Hutchinson
Mary Hopkins	Edward Hodgson	John Hullock	Gary Hughes	Michael Knight	Mrs J Izzett	Richard Lawson
Jennie Jenks	Bernard Layton	Dorrie Jones	Stella Judge	Keith Ladson	Roy Julian	Margaret Marrs
Sally Land	Ailsa MacQueen	J Kale	M Kent	Violet Levett	Ann Leslie	Valerie Marshall
June Lowery	Pamela McCallum	John Marais	Ann Merry	Pamela Milne	Mrs S Mason	Veronica Meecham
June Moody	Joyce Mitchell	Kenneth Motley	Sandra Mottaz	Mrs E Johnson	E Mudd	Richard Normington
Anne Muir	Sheelagh Norris	Dora Northrop	Mr Nunns	Barbara Nye	Ms K Paul	Lalji Pankhania
June Perry	Emily Penfold	Victor Perry	Pearl Pettit	Pearl Pettit	June Prime	Julie Petrie-Symes
Pauline Phillips	Glenda Plummer	Ray Pritchard	Angela Puddock	Rowena Richards	Ann Ray	Sandra Richardson
Jackie Riglin	Margaret Rishbeth	Angela Robinson	John Rollings	Frank Rothwell	J Letts	George Rusted
Miss D Russell	Robert Sanderson	Roger Sansom	Brenda Rump	Anthony Schofield	Sylvia Scarr	Catherine Scott
Nellie Segrave	Betty Seymour	G Sharpe	Christine Shaw	Henry Sheldrick	June Shook	Richard Shinkins
Julia Shemtob	Joyce Simmonds	David Sillett	Jean Sleap	Christine Smith	Sam Smiley	Githa St John-Ives
Peter Snelson	Dorothy Summers	Jean Stanley	Mrs J Staward	Anne Streather	Mrs E Stubbings	Kenneth Sutcliffe
Dave Tarry	Josephine Teague	Christine Taylor	Judith Thomas	Judy Topham	Mary Townsend	Mrs M Van Walwyk
Janice Turton	Mrs J Turner	Terry Tuite	Mrs T Twinn	Brian Upex	Clare Voss	Evelyn Walker
Bruce Wall	Dawn Warren	Brian Webb	Pamela Wells	Joyce Whale	Fiona Whelan	David Whitney
May White	Mrs P White	Mr A Williams	Jean Wills	Charles Wisbey	Helen Woolley	Stanley Woodgate
Dee Wormald	Alice Wright	Alice Zeitlyn	Tatiana Zmura	Rev Dr R Williams	Mary Samara-Wickrama	
Christina Rowland-Jones						

Congratulations to **Bob Withers**, Stagecoach driver No 51556, who has won COPE's "**Best Driver Award**"

Did you Know ~ ~ ~ ~ from ***Margaret Hobbs*** and **Rhona Boorman**

- According to Christies Care, a charity, which helps the elderly, one in eight adults have **not seen** their parents in a year or more either because they are too busy or live too far away.
- British Transport Police **spent** £9,000 on boiled sweets. The National Policing Improvement Agency & UK Border Agency spent £1,150 each on mints. Staff from the Ministry of Justice's Office of Criminal Justice Reform sent 450 boxes of cookies costing £24 a box to local criminal justice boards to persuade members to play an educational game online!
- It is an offence to obstruct a **driveway** – Road Traffic Act 1988
- The average person **saves** £1,000 a year.
- Less than a third of councils – 28% automatically responded to local **petitions**.
- One in 10 people on the planet live within danger range of an active **volcano** – the biggest volcano in the world is Manna Loa in Hawaii.
- The **first** Grand National was run in 1839, there were over 50 entries and the winner was "Lottery".
- The annual **horse fair** held in Downham Market commencing on St Winnold's Day is one of the two largest horse fairs in Europe.
- May 8th marked 65 years since the Allies accepted the unconditional surrender of Nazi Germany. It was **Victory in Europe Day** and it came to pass that nine months later Britain started the baby boom generation.
- Bassingbourn Barracks was an **RAF station** and home to the Wellington bombers.
- The UK has 15 million **hay fever** sufferers. The new Kleenex Hay Fever Health Report found that those with the highest stress levels reported the most severe problems. The allergy can develop at any age.
- Gardening and DIY is riskier than skiing says the assistant medical director of **BUPA**.
- Volunteering and donations to charity have **fallen** as figures from the annual Citizenship Survey suggests.
- A survey by Nivea indicates that the average Briton has 22 'mates' but only **three true friends**. Most people have lost touch with an average of 24 friends after 'drifting apart'.
- Dr Nigel Brown has been sworn in as Cambridgeshire's new **High Sheriff**.

Miss Terri asked her Sunday School class to draw pictures of their favourite Bible story. She was puzzled by Kyle's picture, which showed four people on an airplane, so she asked him which story it was meant to represent. "The Flight from Egypt ," was his reply. Pointing at each figure, Miss Terri said, "That must be Mary, Joseph, and Baby Jesus. But who is the fourth person?" Oh, that is Pontius – the pilot"

"OUR STRENGTH IS IN OUR NUMBERS" - 2

June Search from **Brian Halls**, Bar Hill,"

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Place the 27 three character tiles listed below in the grid above to form nine words (in alphabetical order) quite often associated with JUNE

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ENT MAR MOO	GES MER NST	ICE MID OMS
ONS SCR THD	ONE SUM URE	RIA SUN VAC

Solution for MAY Search – Accompany, Admirably, Amazingly, Amorality, Comically, Compactly, Customary, Dismaying and Machinery

Eta Sanderson's Food corner – Mustard Fried Chicken

Ingredients: 4 skinned chicken breasts (alternatively you could use boned and skinned thighs opened and flattened)

2 tbsp seasoned flour	1 egg	1 tbsp of French or English mustard if you prefer
50g grated Parmesan	25g Breadcrumbs	Cooking oil, diced green pepper, parsley

Method: Coat chicken with flour, shaking off excess. In a bowl beat egg and mustard, in a separate bowl combine Parmesan and breadcrumbs. Dip chicken in egg wash and coat evenly with cheese and crumb mix. Chill for 10 minutes, then fry until golden brown (approx 15 minutes) turning it regularly taking care not to burn the pieces. Garnish with diced green pepper and sprig of parsley.

Stagecoach and Norfolk Green services have changed some of their time-tables - for information telephone 01223 423578. A COPE member states that changes in routes are causing difficulties for many people - 4 double decker buses were blocking Fishers Lane at 10.45 a.m. on April 27th – 12 buses an hour travel along Cherry Hinton High St – is this a fair distribution of public transport for many would be bus users?

Trevor's Corner (**Trevor Grigg** – 01223 834500)

Writing this as we drift in to early June and locally the thud of the football gives way to the click of the cricket ball. I wonder whether we are really in for a barbecue Summer or in keeping with the general economic climate it will turn out to be a damp squib. Anyway, Georgie and I along with the customary throng will soon be doing the Oxfam (almost wrote Lambeth!) Walk starting this year from the Milton Country Park. At the other Country Park – Wandlebury – the regular Cambridge Past Present and Future (PPF) Thursday walks continue unabated; in a bid to heighten its profile PPF have arranged a special Midsummer tea party on Sunday 20th June at Hinxton Watermill. As this is Father's Day COPE members of a generational bent should direct enquires to Janet Cornish on 243830.

My doctor gave me six months to live, but when I couldn't pay the bill he gave me six more. Walter Matthau

Debt and Mental Illness (Source: **David Jordan** – Cambridge Rethink Carers Group – tel: 01354 655786)

It is natural, that family carers feel obligated to settle debts incurred by their family members with mental health problems. However, if you clear a debt, especially before any payments have been missed, this will show on your relative's credit report that they are good at managing their money and will be approved for further credit.

Life in the 1500's - The floor was dirt. Only the wealthy had something other than dirt. Hence the saying - Dirt poor. The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entranceway. Hence the saying a thresh hold.

News excerpts from Cambridgeshire County Council

Cambridge Central Library has drawn a list of events designed for people aged 50 and over, organised as part of the 'Engage in the Afternoon' initiative.

'**Engage in the Afternoon**' provides a free opportunity for people to take part in a monthly social event. The events range from talks and workshops on local studies, information sessions from Age Concern, Tai Chi, armchair exercise, flower arranging, reminiscence sessions and special interest talks. All the events are free of charge.

Full details of the program of events is available from the library on 0345 045 5225.

Special interest talks will be held on the third Monday of each month; the Knitting Group will meet on the second and fourth Monday of the month and the creative writing group will meet on the fist Monday of the month.

Engage sessions are also regularly held in other County Council Libraries throughout Cambridgeshire, for information on local events people should contact their local library on 0345 045 5225 or visit www.cambridgeshire.gov.uk/leisure/sports

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♦ Telephone Cambridgeshire Direct on 0345 045 5221 for information on any issue

Advicehub launched its first subsidised training programme this year offering two workshops on Welfare Benefits. **The Benefits System Unplugged** was so popular that we have decided to offer the workshop again.
The workshops will run:-
15th June in Ely from 10.00 am to 1.00 pm
23rd June in Cambridge 10.00 am to 1.00 pm and again from1.30 pm to 4.30 pm
Advicehub is a unique advice and information initiative led by the CABs of Cambridge, Ely, Fenland and Huntingdonshire that will equip and empower people in this region to access their rights and to lead more inclusive lives. It has funding from the Big Lottery Fund and the Investing in Communities fund of EEDA. Telephone 01223 222681 or email helen@advicehub.org

Speak up for your COPE Forum – next month will be our 7th Annual General Meeting – we have grown from a handful of enthusiastic individuals in Cambridge city to our current membership is 2,689 countywide with five active district representatives. Some Forums are predominantly campaigning groups, whilst others, like COPE have a mix of social and campaigning objectives. In the last seven years, COPE has undertaken research (12 '*Copeing with*' leaflets); held demonstrations (Brookfields Hospital), lobbied our Council (taxi cards); collaborated with policy development (closure of Wessex Place); involved isolated people (free social events) and changed services across the County (free Bus pass)

The results from our recent survey said that the monthly COPE Newsletter is a great success and reaches those members who live alone or in isolated areas of the county. Even though they are unable to come to some of our activities, the Newsletter enables them to be involved. Many enjoy a cup of coffee/tea whilst catching up with the news in the newsletter – and then some pen or email a snippet for the next issue!

We need to increase our membership continually, as it is the power of numbers that provides collective strength. Politicians are aware of the authority vested in large membership organizations such as ours. However, 1% of the older people population in Cambridgeshire is not enough, we need your help to increase our numbers. We will gladly come out to speak about COPE to your social club, friendship club, bowls club, retired members organisation – we need to increase our contact and be a truly representative voice for the over 50's age group. Please help us spread the word...."COPE".

COPE does not take group or corporate membership, only individual membership. Membership of COPE and Newsletters are free. The COPE Forum is a non-party political, independent organisation, run by older people for older people. Telephone your district representative or Rhona on 01223 364303, if you know someone who would like a COPE membership form or a speaker for your group/club - help us introduce COPE to them.

The **COPE Badge**, as worn by COPE registered Member
Number 1 Franc Johnson (£1 each). Shape and Size compared to a penny

Bread was divided according to status.
Workers got the burnt bottom of the loaf,
the family got the middle, and guests got the top, or the upper crust

"Too Old To Play Sport" from Arnold Snafflepacket. (COPE Sports and Physical Activity Correspondent)

As Tiger prepares to stalk the fairways again my mind went back to last years Open Championship and the brilliant performance of Tom Watson. Tom came second and as we know everyone forgets the person who comes second. So why do I recall Tom's golfing exploits so vividly? It was because the media picked up on the fact that this was an 'old boy' taking on the young pretenders and what's more beating them at their own game. The nation was gripped by the battle. But why wouldn't he do well? He hits the ball a good distance off the tee, his iron shots are accurate, his putting has improved with age and he can certainly handle the pressure because he has been there many times before. But I believe there was one other vital ingredient that drove Tom forward; he still loves to compete; not win; not take part, but compete. This drive has kept Tom focused, highly motivated and contented with himself.

And the thrill of competing is the reason I still play football once a week. These days I have the turning circle of a giant oil tanker and the speed of a giant tortoise but I love competing against the youngsters, I enjoy the physicality and a successful tackle or shot at goal feels much sweeter than it ever did in my youth. I also look forward to the camaraderie and the humorous banter, which is often generated by me crashing into a wall or falling over the ball.

Looking back I realise that many of my best life experiences have been provided by my involvement in sport and as the sun starts to warm my back I hope to be out on the golf course competing once again. And I know that COPE members all over the County will be doing the same thing, whether it's entering one of the many fun runs this summer, pootling along to your local bowls club, rowing on the Cam or simply digging out the tennis racket to play on the local park, it is important to stay active, get involved and retain a competitive edge. It also shows the young guns that you still mean business.

- Lynne Rawlings, a trustee of the **WRVS Benevolent Trust**, which is approaching their 40th anniversary, is keen to encourage past and present members of the WRVS to apply for assistance if in need. Grants could be for a washing machine, cooker, dental treatment, spectacles, cost of an electric wheelchair or assistance towards the cost of a stair lift. Anyone who wishes to apply for a grant should contact: The Honorary Secretary, WRVS Benevolent Trust, 14 Wykeham Road, Guildford, Surrey, GU1 2SE.
- To contact **Care Network Cambridgeshire** about events in your area and other dates for your diary telephone the main office on 01954 211919 or write to 5 Broadway House, 149-151 St Neots Rd, Hardwick, Cambridgeshire, CB23 7QJ

Seven tips for avoiding planting problems from **Alan Titchmarsh** (Source: Saturday Telegraph)

- Thoroughly soak the roots of the plant beforehand
- Tease out the roots of trees and shrubs, except for the fleshy roots of a magnolia which are easily damaged
- Dig a hole that is bigger than the root ball
- Work well-rotted garden compost or manure into the soil at the base of the hole
- After planting, water in well and mulch surface with 2 inch chipped bark
- Think small, the smaller the tree or shrub, the faster it will get away – its cheaper too
- The last rule is optional – speak to every plant when planting!

The **Chief Executive at SAGA** says "Aggressive drivers, vandalism and car theft can lead to claims that you are unable to avoid."

CASH ISA - a cautionary word from **Colin Macer**, Bar Hill

It's that time of year again - any time now there will be tempting, better than average Cash ISA offers for 'Regular Savers' requiring 12 monthly payments.

Take note if you start a Regular Saving ISA any later than April (Start of Tax Year) then that ISA will carry over two ISA Tax Years. But the 'super' offer will surely terminate at the end of the current Tax Year.

The implications of this are your 'First Year' will be under subscribed therefore you have not made full use of your annual Cash ISA allowance (£5100) The 'Second Year' will be locked into some miserable 'Standard Rate' Also take note what happens to the 'First Year' ISA at the end of the 'Special Deal' it is common banking practice to transfer it to the same miserable rate. Never forget all ISA's can be transferred to better providers

All part of the great service offered by our Banking Industry mostly owned by us the tax payers.

You have two choices in life:
You can stay single and be miserable, or get married and wish you were dead...

Maximising interest returns says **Jolly Roger**, who is quite happy to answer questions via COPE

UK bank and building society accounts are miserable - general interest rates are at a 300-plus year low. The banks and building societies are offering poor returns in order to improve their profit margins and balance sheets. It's particularly galling that on some Cash-Isa accounts, the interest returns are less than comparable non-Isa accounts even when 20% tax relief is taken into account.

So how can investors who need a high level of tax free income fight back? The answer is to look closely at higher yielding fixed interest funds - commonly called corporate bonds, which invest in quoted government and company fixed interest debt. Of course there is a risk - the investment value can go down as well as up - and they did fall sharply in late 2008 when first once mighty US investment bank Lehman Brothers failed, followed quickly by three Icelandic Banks. But these funds have recovered and, generally, offer investors interest returns of around 7% and that's obviously 7% tax free within an Isa wrapper. But you can get more interest and I am not sure that the risk is proportionally greater. For example, the Marlborough High Yield Fixed Interest fund currently pays interest of just under 10% and the award winning Aegon High Yield Bond's current underlying interest returns is 11 per cent. It has been a quartile (1 of 4) top performer for the last 5 years.

Of course these funds invest in companies with lower credit ratings, which range from AAA through to Junk and mainly in non-investment grade bonds from BB to junk. But as the world economy slowly comes out of recession, the chances (generally speaking!) of lower rated companies and governments defaulting on either paying interest or going bust are reduced. Remember also that the banks which went bust in late 2008 had, from memory, investment grade AA ratings - while the sub-prime mortgages that started the credit crunch problems were top AAA rated.

Most COPE investors don't want or cannot afford to take risks but is it so much riskier to obtain a much higher return on a modest proportion of your investment portfolio than let inflation swallow up returns on cash? I use both funds as one component in portfolios of corporate bonds because most people want more income - and because retirement inflation (particularly energy bills) is much higher than normal measures of inflation. Remember also that you can switch cash-Isa's to stocks and shares Isa's but not vice-versa.

Sandra Watts, Wisbech emailed "The question I would like to ask is why cannot tax be deducted direct from one's state pension instead of getting a bill at the end of the year. If tax was deducted so a net payment was made each week to the pensioner this would then allow the pensioner to make application for other benefits including pension credit instead of being penalised for all the years worked."

Jolly Roger responds to **"Why can't the state pension be taxed at source?"**

No you can't do that. It would be nice because I suspect that most people who receive state benefits are not taxpayers. Unfortunately the present system causes confusion for some people but it would be even more confusing if benefits were taxed at source as lots of people who don't pay tax would be out of pocket until they could claim a refund.

If only it could happen as it would make the lives of many people (including financial advisers) much easier. But levels of state benefits and payment of them are determined by the Department of Work & Pensions - and all state benefits, whether taxable or not, are paid gross without deduction of tax.

This situation is unlikely to change but, as the member suggests, this situation leads to problems when, for example, a person reaches state pension age and starts to draw an Old Age Pension (OAP). The payment is not taxed at source but it can be taxable. All sorts of muddles follow: in one case a lady client of mine received three different notices of coding from three different tax offices all dated the same day. Each office administers one of her private pensions and each wanted to increase the tax on those pensions to offset the new source of income - the OAP.

And don't think that the new 50% marginal tax rate is a new rate of tax because it's not. The taxman can currently tax other sources of income (and that generally means private pensions) at up to 50% tax to claw back tax due on the OAP.

Wealthier pensioners also have to remember that they can progressively lose their higher personal allowance if they receive gross taxable income of more than £22,900 in a tax year. So Isas and investment bonds where, in the latter case, "income" is deemed to be a return of capital are useful tax planning tools.

Responsible Bonfires (Source: South Cambs magazine)

- Before you light a bonfire, let your neighbours know to allow them to close doors and windows and take in any washing
- Try to avoid days and times when neighbours are likely to be out in their gardens
- Don't burn materials such as plastic, rubber or painted items – they can create poisonous fumes that can be harmful
- Compost garden waste instead of burning it. You will create valuable food for your garden and help reduce greenhouse gas emissions. If you cannot home compost, garden and food waste can be put into your green bin.

A young son asked, 'Is it true Dad, that in some parts of Africa a man doesn't know his wife until he marries her?' Dad replied, 'That happens in every country, son.'

"**Promoting Men's Health**" Conference held at Duxford – report sent by **James Lee**

In the current environment of change, not only caused by globalisation but also due to changes promoted by politicians, most families and communities find it difficult to deal with issues created by the changes, imposed by the environment and authorities. Hence we have people who cannot deal with problems who turn to drugs, violence anger etc. People take drugs to suppress problems and issues they cannot deal with. Drugs stunt the mental growth of young people and sucks a lot of wealth from the economy, as a result of the harm and problems caused by taking drugs. To have good mental and psychic health are just as important as physical health in order to cope with the fast pace of change affecting society today.

There appears to be a gap between the agenda that people feel are relevant. The organisers need to promote government policies. Most people want to deal with the causes of the health problems and not the effects. Judging by the preference for the workshops I am not sure the authorities have the same priorities and values as the participants.

Saying that I thank the authorities for taking an interests in men's health. Much appreciated!

In the fight against distraction burglaries **if you are Not Sure? Don't open the door**
The burglar may claim to be from the water board, an energy supplier, a police officer or a 'lost ball in garden' excuse. To sign up to the Energy Retail Association's Priority Service Register and Password Scheme please contact your local policing team. For more information visit: www.neighbourhoodwatch.uk.com To contact Police in an emergency always call 999. For all non-emergencies 0345 456 456 4

Putting the brakes on vehicle crime (Source: South Cambs magazine)
Cambridgeshire Police Crime Reduction Team recommends that drivers take the following steps to reduce the chance of becoming a victim of vehicle crime:

- Always lock doors and close windows, including sunroofs during warm weather
- Take valuable items such as sat navs, laptops and mobile phones with you; remember to remove any tell-tale marks left by sat navs on windows
- Remove the keys from the ignition every time you leave the vehicles and do not leave anything on display – even a coat left on a back seat may attract a thief
- Keep your keys in a safe place, even at home, so that someone breaking in cannot steal your vehicle.

For more advice and information visit www.crimereduction.gov.uk or call 0345 456 456 4

To find out which **Neighbourhood Panel** covers your village (to discuss community safety issues) or for information about your neighbourhood policing team visit www.cambs.police.uk and go to the "my neighbourhood" page.

Does your Insurance Policy cover you fully? (Source: Cambridge News)

- Ensure that paying insurance is high on your list of priorities
- Do not always buy a policy simply on price – make sure it meets your needs
- If you go on long journeys, check how long your home is allowed to be empty for
- Make sure your holiday insurance covers any risky activities
- Are all your valuable items covered by your contents insurance
- Will your insurance company pay out for the full cost of rebuilding your home, or merely its current market value
- Read the small print and make the most of your no claims bonus
- Lodge your claim quickly to avoid disappointment

Beat the Burglar (for more information visit www.homeoffice.gov.uk)

- Always lock doors and close windows, even if you are only leaving for a short time
- Do not draw all the curtains while you are away
- Do not leave spare keys to the house outside in a garage or shed
- Consider installing security lighting for external areas and use timer switches for lights
- Remember to lock tools away in a secure shed/garage

- Sue Long, Festivals and Outreach Officer at the **University of Cambridge** invites COPE members to their events. Lectures take place at 2 p.m. at the Mill Lane Lecture Rooms, 8 Mill Lane. Tel 01223 357851 for further information or visit www.cornex.co.uk
- **Cambridge Folk Museum** is looking for material for their exhibition on Cambridgeshire in the 1960s – if you or anyone you know have/has anything to lend, the Museum would be very grateful. Where are the '60s residents?

Peter says, 'My wife's an angel!' John remarks, 'You're lucky, mine's still alive.'

Care Quality Commission

Have your say or tell us **YOUR** views???

The Care Quality Commission (CQC) is the independent regulator of health and social care in England. We regulate care provided by the NHS, local authorities, independent and private companies and voluntary organisations. We aim to make sure better care is provided for everyone - in hospitals, care homes and people's own homes. We also seek to protect the interests of people whose rights are restricted under the Mental Health Act.

CQC is gradually introducing a new **REGISTRATION** system for all providers of health and adult social care in England. We will licence services to operate only if they meet essential standards of quality that protect people's safety and respect their dignity and rights wherever their care is provided. This new, more dynamic system of regulation places at its centre the views and experiences of people who use services.

Information about local health and social care services collected by local groups is important to us. It helps us to make decisions about registering providers and informs our ongoing monitoring of services.

We are currently working out how we can hear the voice of local groups at local and national level; finding out what they want to tell us about health and adult social care services and how we can relate this to our work as a regulator.

As part of this work we are running small pilots with different local groups including the COPE Forum, asking members to tell us about their experiences of local care services by completing the feedback form accompanying this newsletter.

If you would like to tell us about a recent experience **please return the feedback form in the SAE provided by 31st August 2010**. We will collate the information provided; tell you through your newsletter how we have used the information and update COPE on developments of this work.

If you would like to find out more about the registration of services and the work of CQC please visit our website www.cqc.org.uk.

Top tips for well mannered dog walking (Source: Cambridge News)

- Socialise your puppy from an early age, not only with people but with other puppies where it can learn to inhibit any boisterous and over the top behaviour
- Do not let your dog off the lead unless you know you can get it back.
- Pick up toys if other dogs are about as your dog can be very guarded over its own toys.
- Play with your dog and have fun with your dog on a walk so it wants to be with you, hide and seek games are a good way to get your dog back.
- Put your dog on the lead if you are not sure of other dogs approaching, also be mindful of roads and people, nobody wants muddy paw prints all over their trousers.
- If you meet other dogs on a lead, it maybe for a reason, they may not like other dogs or people.
- Never ever break up a dog fight, it takes courage to move away, but your presence may make your dog think it now needed to protect you as well and fight harder.

Photo sent in by **Tony Jenks** shows **Margaret Coles** and **Jennie Jenks** working hard on collating the health questionnaire you sent back last month. A report will be in a future Newsletter.

Mark Mioparola's Science Corner

US and German scientist surveyed 21,000 people to find out the happiest age group. It seems 74 is the magic number so calling all 1936-ers this is your year, so forget your troubles and have a happy year, and if you are like me and do not wish to be unhappy you could be 74 again next year.

On a more serious note, clinical trials began at Addenbrooke's Hospital to cure peanut allergy that threatens so many young lives. The basic premise is that by introducing minute amounts of peanut flour in the diet of children suffering from the allergy and gradually increase the amount over the weeks to re-train the immune system and desensitise the individual.

The National Lottery attracts 34 million regular punters. In 1995 the £16 million jackpot was shared by 133 people playing the same numbers 7, 17, 23, 32, 38, and 42, and received just £120,000.

Sign at local off licence – **"I drink to make other people seem interesting!"**

"OUR STRENGTH IS IN OUR NUMBERS" - 8

"**Our New Alphabet**" sent by **Lesley Guebert**

A's for arthritis
B's the bad back
C's the chest pains (perhaps car-d-iac?)
D is for dental decay & decline
E is for eyesight, can't read that top line!
F is for fissures and fluid retention
G is for gas which I'd rather not mention
H for high blood pressure – I'd rather it low
I for incisions with scars you can show
J is for joints, out of socket, won't mend
K is for knees that crack when they bend
L's for libido, what happened to sex?
M is for memory, I forget what comes next
N is neuralgia, in nerves way down low
O is for osteo, bones that don't grow!
P for prescriptions, I have quite a few
Q is for queasy, is it fatal or flu?
R is for reflux, one meal turns to two
S is for sleepless nights, counting my fears
T is for Tinnitus, bells in my ears!
U is for urinary, troubles with flow
V is for vertigo, that's 'dizzy', you know
W is for worry, now what's going 'round?
X is for X ray, and what might be found
Y for another year I'm left here behind
Z is for zest I still have – in my mind!

Janet Woodbridge, Burwell, wrote responding to Maisie's poem in the April Newsletter

I feel something's wrong
When I read through the words of your song
That chewing rice pud
Can't be doing you good
If you drown it in bottled Oolong! *(tea)*

News, views and generally accepted interesting facts in Brief – by Rhona Boorman

♦ Meetings are planned by **EngAGE** in Cambridgeshire – for more information telephone Libraries on 0345 045 5225. The Buckden and St Ives libraries hold regular knitting and reading groups.

♦ Dame Joan Bakewell is to stand down as the Government's "**pensioners tsar**" (the voice of older people). She is to lobby for an Older People's Commissioner for England

♦ Research by the British Geriatrics Society in Edinburgh found that half of people over 80 struggled to make it over **pedestrian crossings** in time. Adding an extra second or two to crossing times would make a big difference.

♦ Cambridgeshire has 31 **neighbourhood policing teams**. Each of these cover several villages or urban areas. For emergencies dial 999; for non-emergencies dial 0345 456 456 4. Visit the website www.cambs.police.uk

♦ Cambridgeshire Police have warned people to never leave a **car running unattended** and to call them if you see anything suspicious. Lock your vehicle and leave the glove box open to show you have not hidden any valuables, such as a satnav inside.

♦ A rise in the number of over-65's arrested in Cambridgeshire has sparked fears of a 'baby boomer' **crimewave**.

♦ According to figures published by the Home Office people in Cambridgeshire are more likely to become victims of crime than any other county in the region – 82 out of 1,000 residents were **crime victims** last year.

♦ Jewellery has become the **prime target** for house raiders, with criminals taking £1.2 million from Cambridgeshire homes in a year. So make it hard for the thief – hide expensive jewellery in the house.

♦ Cambridgeshire Trading Standards officers are doing everything they can to ensure that local people are not misled or conned when the big **digital switchover** comes to the region in 12 months time. For further information contact Consumer Direct on 08454 04 05 06

♦ **Minor injuries services** are provided at North Cambs Hospital in Wisbech; Doddington Hospital in Doddington and Princess of Wales Hospital in Ely.

♦ Researchers at the University of Milan have found that drinking **alcohol** speeds up the ageing process and raises the risk of cancer.

♦ A study at the Saint Maartenskliniek Hospital in Holland found that teaching older people to fall properly by training them in **martial arts** could cut their chances of suffering broken bones or fractures.

♦ Pensioners indulging in **extreme sports** have caused a sharp rise in the number of over-70's being injured or killed – get a health check to reduce the hazards and ensure you are fit and healthy.

♦ The **Travel for Work** survey shows that more than 45% of people in the city drove to work, 21% got to work by bike, 9% opted for car sharing, 7% walks, 6% travelled by bus and 4% went by train.

♦ RAC Foundation director, Professor Stephen Glaister said: "We are unlikely to see re-testing at 70 because, despite the myths, **older drivers** are no less safe than other age groups."

♦ According to a study at the University of Greenwich, people with grandchildren were no happier than those without. People with a **strong social circle** were, on average, 30% happier than others – so pursue a hobby and nurture your group of supportive friends.

When asked why there was **no seating** in the Grand Arcade. The Management responded it was because Health and Safety needed a 10m passage for emergency vehicles.

It is remarkable how one good action always breeds another

"OUR STRENGTH IS IN OUR NUMBERS" - 9

Representatives from the five Cambridgeshire districts would like members to help them with activities or send them **local information** for the Newsletters. If you would like to help with events e.g. meet for lunch, pub quiz etc in your area then please contact your local COPE representative. Please telephone the COPE *office* if you wish someone to talk to your group about COPE. COPE is a self-help group, with a current membership of 2,689 – after nearly seven years COPE still does not have finance for paid staff or office! Any donation towards our office fund would be much appreciated.

News from COPE in the City of Cambridge from **Doreen Ryan** – Membership 1464

Tel: **Doreen** on 01223 500623 with your interesting snippet

- According to research by Endsleigh Insurance, homeowners in Cambridge are among the most **safety conscious** in the UK when it comes to "do it yourself".
- Staff at TKMaxx caught 28 **shoplifters and fraudsters** in December and have won the Annual Cambridge Business Against Crime award for most outstanding detections.
- Work costing £70,000 to include new paving, cycle stands and tree works will help spruce up **Cherry Hinton Road**, outside the row of shops where the post office is.
- Investigators have been unable to discover what caused the blaze at the **historic city landmark** Spillers Mill, the tower and silo were engulfed by flames during the early hours of March 27th, experts have been unable to enter the building owing to the fragility of the remaining structure.
- Tennis players at **Cambridge's oldest club**, the Cock and Hens Lawn Tennis Club founded in the 1890's are celebrating after plans to turn its ground into student accommodation have been delayed until 2012.
- A much loved shop, **Mackays** on East Road are moving to make way for new homes, student accommodation and a hotel, the business has been in existence for 98 years.
- The Duke of Edinburgh has visited the British Antarctic Survey offices in Cambridge to honour scientist, Dr Fausto Ferraccioli. Prince Philip **presented a medal** to him for his part on the scientific study BAS carries out.
- A **forgetful couple** left their Mother behind when they went on a day trip to France, it only dawned on them when they were on the ferry half way across the channel. The frantic couple phoned the Port of Dover police for help, the woman thought to be in her 70s or 80s was found sitting in their car parked in a multi-storey car park and was taken for a cup of tea to await the return of her family who returned on the next ferry four hours later!
- **Walk for health, pleasure and fun** – Walk and talk around Kings Hedges (29th July, 14th October) and Time Travel Trek in partnership with the Fitzwilliam Museum (19th August - pottery; December - Myths and Legends) Tel: Binnie Pickard on 01223 508149 for details.

Dorothy Fitzjohn who would like to know if there are any knitting clubs in the Cambridge area she could join. Telephone 01223 246934

COPE in East Cambs from **Nigel Davies** with help from **Peter Cresswell** - Membership 202

Contact **Nigel** - 01353-721037 if you'd like more information or with your news.

- East Cambridgeshire District Council in conjunction with Audit Commission have launched a campaign to **catch fraudsters**. If you have information about suspected housing benefit or council tax fraud please call 0845 072 6000.
- Barratts, the developers, have made their 50th completion of a **First Time Buyers** Initiative at the Cathedral View estate – this initiative helps people into owner-occupation.
- The Sanctuary Group has made a **£15,000 contribution** to help Ely CAB.
- A **new Visitor Guide** has been launched
- A new programme of care, designed to help patients suffering from **life-limiting illness** has been launched at the Princess of Wales Hospital. Call 01223 723115 for more information.
- The **Mature and Active Programme** is being launched in Burwell, Stetchworth and Bottisham following huge success in the Ely and Littleport area. Call Lewis Bage on 01353 665555 for more information.

COPE in Fenland from **David Jordan** with help from **Marjorie Boorman** – Membership 76

Tel: **David** on 01354 655786 and tell him what you think COPE in Fenland can do to help.

- **Mavis Cooper** from Chatteris is organising **transport** for members in the Fenland area who would like to attend COPE's AGM on July 7th. Please telephone Mavis on 01354 692867 or Marjorie on 01354 693258
- Members around the **Wisbech** area who would like to join Chatteris members on the coach to Cambridge for the COPE AGM on July 7th, please telephone **Peter Pryke** on 01945 466915
- Wisbech Rose Fair Festival June 30th to July 4th.

COPE in Huntingdonshire from **Gerald Collins** – Membership 138

Tel: **Gerald** on 01480 370808 with your views

- **Meeting** in the Hunts area - June 25th from 10.30.- 12.30, St. Ives Free Church, Hugh Street.
- Open day at **Huntingdon Indoor Bowls Club**, St Stephens Rd on 13th June from 10.00 a.m.

Norma Head, St Ives, emailed: "ACE (Action for Corn Exchange) is one of the boxes hoping to collect your tokens this month. If you are shopping in Waitrose, St Ives and wondering which box to pop your token in, may I ask you to please consider the ACE one. So many people have worked hard to get the Corn Exchange back to it's former glory that it would be a good opportunity to give them a little bit of support.

A real friend is one who walks in when the rest of the world walks out

"OUR STRENGTH IS IN OUR NUMBERS" - 1O

COPE in South Cambs from **Margaret Hobbs** – Membership 809

Tel: **Margaret** on 01954 210652 if you wish to contribute to South Cambs news

- **Swimming lessons** for non-swimmers at a pool near you, Free for 60 & over and 16 & under is available until March 2011 – at Impington, Sawston, Melbourn, Bottisham - as part of a national drive to get more people swimming more often.
- South Cambridgeshire District Council and Cambridgeshire's Citizens Advice Bureaux have opened a new **advicehub** kiosk at the John Huntingdon Charity in Tannery Road, Sawston.
- Duxford Parish Council have bought four acres of land known as Brewery Field and villagers can get involved and have a say on how it will be used. Details on www.duxfordvillage.org
- Work on new **cycle routes** between Babraham Road Park and Ride site & Wandlebury, and Horningsea & Fen Ditton have begun. The Cycle Cambridge programme is being managed by Cambridgeshire County Council in partnership with Cambridge City Council and South Cambridgeshire District Council.
- The **Bobby Scheme**, a free service for residents aged 65 or above who have been burgled or feel vulnerable is available. Call 07866 602100 or visit www.cpstrust.org
- The Council has established a **No Cold Calling** Zone in Linton – door to door callers are not welcome.
- South Cambs have a programme of **Historic Building Grants** to help protect and strengthen the character of villages. Contact 03450 455 216 for more information or email shona.smith@scambs.gov.uk
- Home Link **Choice Based** Letting scheme used to allocate homes for social rent has been running for two years. For further information contact 03450 450 051 or visit www.home-link.org.uk
- Free local **housing surgeries** to be held at Fulbourn, Gamlingay, Linton, Sawston and Willingham – contact 03450 450 051 for further details.
- Five new **wind farms** could be built in Cambridgeshire.
- The National Trust is looking for volunteers to help out in the bookshop, guide people around the halls historic rooms and greet them on the estates farms at **Wimpole Estate Hall** and grounds.
- Volunteers needed in Swavesey to help with the **Speedwatch** project. Tel: 01954 202982.
- **CAMTAD** are holding their first demonstration of equipment to help with hearing at Scotsdales Garden Centre, Great Shelford, in July (see advertisement) for both hearing aid and non-hearing aid users.

Ian Tyes, Research Group Leader, reports: "We are also working on other "COPEing with" leaflets concerned with: Care Homes, COPEing Alone and discharge from Hospital. Everyone is welcome and the more people who get involved, the more helpful leaflets we can produce! The next meeting will be held Saturday 26 June 2010 at 3.00 pm at the Carlton Arms

The group were informed that CAB were concerned about age discrimination issues and that a test case was needed. If you know of a case, please contact Ian on 01223 574394.

Supporting Older Neighbours - Following the success of the Age UK pathfinder project carried out in March 2010, the Supporting Older Neighbours Training Manual has been added to the 'My NHW' website for other Neighbourhood Watch members to use. This training pack has been produced to help you. NHW and Home Watch believe in strong, active communities, working in partnership with the police, and this sense of shared values is focused on bringing local people together to build safer and stronger communities and neighbourhoods. Strong communities are made up of everyone who lives in them, including older and potentially vulnerable people who may need additional support, so this pack provides useful information and advice aimed at helping you and your group to offer assistance for older people in your area. You can find this manual by visiting this link: http://www.mynhw.co.uk/news-full.php?id=852

The Big Lunch - The Neighbourhood and Home Watch Network are supporting The Big Lunch again this year. The Big Lunch will take place on Sunday 18th July across the UK, where people sit down and have lunch in the middle of their street as a simple act of community. It took place for the first time last year and there were over 8,000 lunches in every kind of community all across the UK, with 80% said they felt closer to their neighbours as a result. To find out more about The Big Lunch and to download poster and leaflets, please visit www.thebiglunch.com, have a chat with the team on 0845 850 8181 or email info@thebiglunch.com

Register your property for free in just a couple of minutes. It improves your chances of getting it back if it is lost or stolen. Register on-line by visiting www.immobilise.com

E-cops is a free e-mail newsletter from Cambridgeshire Constabulary. It is a great way to keep up to date with what is happening in your community. To join complete the on-line registration by visiting www.cambs.police.uk/signup/ecops

If you wish to take part in a consultation on the Arts & Entertainment Department at Cambridge City Council please telephone **Adam Gillet** on 07855558645

Learn to swim - Free swimming lessons for adults who cannot swim. There is currently Free Swimming Lessons taking place at Parkside Pools and at other various locations around the County. A non-swimmer is someone who is unable to swim, somebody that has been able to swim in the past and lacks confidence to swim now or someone who considers themselves a non swimmer. For further information contact Julie O'Neill, Swimming Lesson Coordinator, Parkside Pools on 01223 446100

Spanish saying "Tomorrow is often the busiest day of the year"

"OUR STRENGTH IS IN OUR NUMBERS" - 11

Celia Kenney

B.Sc. (Hons) Podiatry, M.Ch.S, S.R.Ch
HPC Registered Chiropodist and Podiatrist

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50+ reasons to get Active in 2010

The 'Forever Active' Scheme now has on offer over 50 exercise / sport sessions for the over 50 age group taking place within Cambridge City. There are sessions on offer to cater for all abilities from chair based sessions for people with mobility problems to activities for the more active such as dance, aqua aerobics Pilates, Golf, Nordic walking and Rowing.

There are so many reasons to get active - Taking part in exercise can help with weight loss / maintenance (if you would like to shift a few pounds), helps to reduce blood pressure (Exercise is great at reducing stress and helps to improve circulation), helps improve mood (Exercise releases a happy hormone which will help to prevent mood slumps), helps you to sleep better (plus have more energy in the day!), helps with osteoporosis and arthritis (Want to get rid of those aches and pains!), helps to prevent diabetes and heart disease and is an ideal social opportunity.

To get your copy of the Forever Active brochure and a voucher to attend one of the sessions for free (quote COPE) contact Helen Johnston on 01223 457000 or look on the website www.forever-active.org.uk

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Freddie watched, fascinated, as his mother smoothed cold cream on her face.
'Why do you do that, mummy?' he asked.
'To make myself beautiful,' said his mother, who then began removing the cream with a tissue.
'What's the matter, asked Freddie 'Giving up?'

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Going into hospital soon?
Would you like some help when you come home?

Care Network
Supporting Volunteers
Encouraging Independence
Developing Good Neighbour Projects

Welcome Home from Hospital can help

Our volunteers can:
- ☺ Check you've settled in
- ☺ Do some shopping
- ☺ Collect a prescription
- ☺ Just sit and have a chat

Free and confidential
Call 01223 714433 for more information

Welcome Home also needs volunteers to offer practical and emotional support to people for 2 -3 weeks after discharge from hospital. Volunteers do tasks like shopping, picking up prescriptions and helping people regain their independence after a hospital stay. This is a volunteering opportunity which can fit around your other commitments. Training and support is given, and expenses paid. If you would like further information please contact us on 01223 714433.

Care Network Cambridgeshire also provides free help, support and advice to set up and run village schemes like community car schemes, lunch clubs, visiting schemes and independent warden schemes.

Does your community have a need? Please contact us on **01954 211919** for more information.

Care Network Cambridgeshire is a registered charity no: 1120693

A new teacher was trying to make use of her psychology courses.
She started her class by saying, 'Everyone who thinks they're stupid, stand up!'
After a few seconds, George stood up.
The teacher said, 'Do you think you're stupid, George?'
'No, miss, but I hate to see you standing there all by yourself!

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- The role that their families play in this
- Which of their possessions they keep and why
- How they think their lives will change afterwards

If you are planning to downsize your home over the next year, or if you have recently done so, we would be interested to talk to you. You will receive a gift voucher worth £20 to thank you for your time.

For more details please contact Siân Lindley on:
01223 479881
sianl@microsoft.com

Microsoft Research

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Great Shelford, Cambridge CB22 5JT

Future demonstrations in Ely and St Neots
Contact us for details

Advertising Disclaimer - Will readers, please note that COPE does not investigate or make any recommendation regarding any products or services advertised in this newsletter. Editorials regarding services are likewise not intended as recommendations from COPE. We cannot therefore be held liable for any differences that may arise between companies and clients. As with any services or tradesmen you deal with, you are advised to be circumspect

All items are considered, however the Editorial Team reserves the right to amend articles where necessary. The Editor regrets that it is not normally possible to enter into correspondence with individual readers and all letters, emails and other submissions received are assumed to be for publication.

Please support COPE's work financially by taking out an advert in our Newsletters

Advertising Rates Please send advertising requirements with a cheque made payable to "COPE" to the Editor	To insert pre-printed leaflets/flyers on quotation (Special rates for Charities)	Full Page	Half Page	Quarter Page
	Per Issue	£70	£40	£25
	Annual Rate on request			

The most wasted day of all, is that on which we have not laughed

Join Rhona & Robert on these COPE trips organised just for COPE members:

Tuesday 7th September – Olympic Site Tour with a professional guide on board the coach showing the developments for the 2012 Olympics, stopping for a fish and chip lunch. All inclusive price **£35.00 p.p.** Coach pick-up times: St Ives Bus Station 9 a.m.; Mansel Way 9.30 a.m.; Mill Road 9.45 a.m.; Anstey Way 10 a.m.

Tuesday 30th November – Thursford Christmas Matinee Show includes 2 course Christmas lunch at Fakenham Race Course - **£64 per person** Coach pick-up times: Anstey Way 9.45; Mill Road 10 a.m; and Mansel Way 10.15

Cheques can be made payable to '**RICHMONDS COACHES**'. They also take all major credit and debit cards. Bookings can be made direct with Richmond Coaches, and they will send each passenger a booking confirmation. Contact: **Natalie Richmond**, Tour and Excursions Manager, Richmonds Coaches, The Garage, Barley, Royston, Herts SG8 8JA. Telephone: **01763 848226**

(Prizes for **Raffle** in aid of COPE funds are welcome on the above COPE trips)

Leverington Friendship Club, near **Wisbech** invite COPE members to join them on their coach outings
Wednesday **21st July** – **Pavilion theatre** at **Gorleston on Sea** includes coach - **£22.50**
Wednesday **1st September** – **Skegness** - **£8.50**; Wednesday **27th October** – **Bury St Edmunds** for shopping - **£5.50**
For pick up points and further enquiries please telephone COPE member, **Peter Pryke**, on 01945 466915.

Cambridgeshire Companions, a social club for the over 50's - telephone **Celia Conway** on 01223 523680
Friendship Club monthly meetings – telephone **Tony Cassidy** on 01223 812605
Healthy walks - telephone **Trevor Grigg**, Whittlesford on 01223-834500 for information
Breathe Easy Cambridge (part of the British Lung Foundation) – helps family and friends of sufferers - telephone **Jean Sleap**, Waterbeach on 01223 697439. For **Breath Easy Fenland** contact **Sylvia Mansfield** on 01354 651821
Over Friendship Club meets first Thursdays of the month – telephone Gill Sutton on 01954 200516
Yoga at Harston Village Hall on Fridays – for details and a free taster session contact **Veronica Goswell** on 01223 503088
Chinese Birthday Lunch – **June 24th** at 1 p.m. - at the Cambridge Chinese Community Centre, Sturton Street, Cambridge – only **£3** **Telephone Jonathon** on **01223 365228 to book** - Free for June birthday members!
COPE **singles lunch for members** in **June** at 12.00 noon at The Hungry Horse, Milton Road, Cambridge – 3rd Sunday of the month. Telephone **Jean Farrington** on 01223 503867 or **Shirley Allanson** – 01223 423905 to book. If you find yourself **on your own** why not join Jean & Shirley and other COPE members on **June 20th**. *(it's Father's Day!)*
COPE ***PUB QUIZ*** Night organised by **Alan Giles** –the Question Master on **June 27th** will be the winner at the May session. Join COPE at **7 p.m.** at The Carlton Arms, Carlton Way, Cambridge. Congratulations to the raffle winners.

Wednesday 7th July – COPE Annual General Meeting to be followed by a FORUM on "CARE" at the Guildhall
10.00 a.m. – **Doors open** - **Registration**, **Refreshments,** view **Display Stalls** and purchase your raffle tickets
11.00 a.m. – **AGM**
11.30 a.m. – **Dot Gibson**, National Pensioner's Convention General Secretary
12.00 p.m. – Each Panel member will give a two minute summary of their vision for CARE to be followed by a Question and Answer session. **Lizzie Cook** (CAB specialist caseworker on Care Issues); **Debbie Beale** (AGE UK); **Alison Gilbert** (Clinical Director at Cambridgeshire Community Services); **Helen Randall** (Chief Officer at Care Network) and **Claire Bruin** (The Service Director for Adult Support Services)
1.00 p.m. – Lunch & Raffle

Please contact Rhona on 01223 364303 if you or your group would like a **Display Stall**

Please telephone **Alice Zeitlyn** on 01223 357395 or **Robert Sanderson** on 01223 314382 if you can help with cakes or the preparation of the Ploughman's lunch. If you are on benefit and require free transport please contact Rhona.

Friday October 1st - 2-5 p.m.– celebrate *International Day of Older People* – **Autumn Jazz Party** with **Rosie Val and the Cambridge Jazz Company** at **Willingham Social Club**, Fen End CB24 5LH. Tickets **£5** – Bar & Raffle

Friday 7th January - "**Lets Get Together**" to celebrate the New Year with **Billy G** at the **Royal British Legion Hall**, Saffron Road, Histon CB24 4LJ, 7 to 11 p.m. Tickets £5 – Cash Bar and Raffle

Please fill in the section below and return to 40 Stretten Avenue, Cambridge CB4 3EP for your free ticket/s to the **AGM/Forum**. Or write a cheque to "COPE" at £5 per person for ticket/s to the **Autumn Jazz Party** or the **Lets Get Together** event. Telephone Rhona 01223 364303 for further details

Name:_____ **Address:**_____ **Post Code**_____
Membership No____ Number of Tickets ___ for event (name) _____ I **will/will not** bring a Raffle prize.
All donated raffle prizes are much appreciated and profits go towards COPE funds

Web: www.cambridgecope50.org Email: **cambridgecope@hotmail.co.uk** **Registered Charity No. 1110887**
Honorary Officers: Chairman Maurice Garner; Vice Chair Robert Sanderson; Secretary Rhona Boorman; Treasurer Robert Boorman
Grants from Cambridgeshire County Council *Working With* NHS Cambridgeshire ageUK Cambridgeshire NPC

"OUR STRENGTH IS IN OUR NUMBERS" - 16